

MEGA swim 26: Session: 2: COACH evaluation sheet for TEAM: KZK

Coachinfo: Warming up from: 13:30 untill 14:15. Teamleadmeeting @ The listed starttimes are indicative!

Coaches: Hinnekens Rosan HEADCOACH

Coaches: Dewulf Gillian

Coaches: Dewulf Bart

PB => Personal Best time

SB => Seasons Best time: Season starting point: first of September.

Event number: 10: 400M FREESTYLE MEN 11-14							Heat:4, starttime: 15:15	
Heat: 4/5 Lane : 5 Athlete: DE BAL LUCAS							Q-time: 05:06:81	
PB (50m pool): 05:45.63 Kortrijk 26/12/2024				PB (25m pool): 05:06.81 SB: no time				
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	00:37.97	01:20.97	02:07.19	02:52.26	03:37.84	04:22.15	05:06.17	05:45.63
	00:37.97	00:43.00	00:46.22	00:45.07	00:45.58	00:44.31	00:44.02	00:39.46
								

Coach feedback:

Event number: 10: 400M FREESTYLE MEN 11-14							Heat:5, starttime: 15:20	
Heat: 5/5 Lane : 8 Athlete: PICEU SEPPE							Q-time: 05:00:87	
PB (50m pool): 04:59.71 Kortrijk 26/12/2024				PB (25m pool): 04:39.41 SB: no time				
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	2 5 0 M	3 0 0 M	3 5 0 M	4 0 0 M
PB	00:32.68	01:10.42	01:48.72	02:27.67	03:05.98	03:44.54	04:22.46	04:59.71
	00:32.68	00:37.74	00:38.30	00:38.95	00:38.31	00:38.56	00:37.92	00:37.25
								

Coach feedback:

Event number: 11: 100M BUTTERFLY WOMEN 11-16							Heat:4, starttime: 15:30		
Heat: 4/13 Lane : 4 Athlete: VERVENNE LOUISA							Q-time: 01:31:82		
PB (50m pool): 01:31.82 Wezenberg 04/01/2026				PB (25m pool): no time SB: 01:31.82 Wezenberg 04/01/2026					
	5 0 M		1 0 0 M						
PB	00:40.57		01:31.82						
	00:40.57		00:51.25						
									

Coach feedback:

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Event number: 11: 100M BUTTERFLY WOMEN 11-16			Heat:9, starttime: 15:40
Heat: 9/13 Lane : 7 Athlete: DECUPERE LAURENCE			Q-time: 01:19:55
PB (50m pool): 01:19.55 Wezenberg 04/01/2026			PB (25m pool): 01:25.74 SB: 01:19.55 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:35.66	01:19.55	
	00:35.66	00:43.89	
			

Coach feedback:

Event number: 11: 100M BUTTERFLY WOMEN 11-16			Heat:12, starttime: 15:45
Heat: 12/13 Lane : 4 Athlete: FEYS FARAH			Q-time: 01:11:52
PB (50m pool): 01:11.52 Antwerp 26/01/2025			PB (25m pool): 01:10.90 SB: no time
	5 0 M	1 0 0 M	
PB	00:33.01	01:11.52	
	00:33.01	00:38.51	
			

Coach feedback:

Event number: 12: 100M BREASTSTROKE MEN 11-16			Heat:12, starttime: 16:15
Heat: 12/17 Lane : 2 Athlete: VANDEMAELE EGON			Q-time: 01:30:36
PB (50m pool): 01:30.36 Antwerpen 20/07/2025			PB (25m pool): 01:26.82 SB: 01:30.38 Wezenberg 04/01/2026
	5 0 M	1 0 0 M	
PB	00:42.71	01:30.36	
	00:42.71	00:47.65	
			

Coach feedback:

Event number: 12: 100M BREASTSTROKE MEN 11-16			Heat:13, starttime: 16:15
Heat: 13/17 Lane : 8 Athlete: GOEMAERE CYRIEL			Q-time: 01:29:07
PB (50m pool): 01:25.26 Brugge 01/02/2026			PB (25m pool): 01:23.61 SB: 01:25.26 Brugge 01/02/2026
	5 0 M	1 0 0 M	
PB	00:39.35	01:25.26	
	00:39.35	00:45.91	
			

Coach feedback:

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Event number: 13: 100M FREESTYLE WOMEN 11-16			Heat:10, starttime: 16:45
Heat: 10/20 Lane : 1 Athlete: DUMORTIER ELISE			Q-time: 01:13:53
PB (50m pool): 01:13.42 Brugge 01/02/2026			PB (25m pool): no time SB: 01:13.42 Brugge 01/02/2026
	5 0 M	1 0 0 M	
PB	00:34.97	01:13.42	
	00:34.97	00:38.45	
			

Coach feedback:

Event number: 13: 100M FREESTYLE WOMEN 11-16			Heat:14, starttime: 16:50
Heat: 14/20 Lane : 9 Athlete: ROMBAUT CéLINE			Q-time: 01:09:81
PB (50m pool): 01:09.66 Brugge 01/02/2026			PB (25m pool): 01:09.86 SB: 01:09.66 Brugge 01/02/2026
	5 0 M	1 0 0 M	
PB	00:34.06	01:09.66	
	00:34.06	00:35.60	
			

Coach feedback:

Event number: 13: 100M FREESTYLE WOMEN 11-16			Heat:18, starttime: 16:55
Heat: 18/20 Lane : 1 Athlete: FEYS FARAH			Q-time: 01:04:58
PB (50m pool): 01:03.87 Brugge 01/02/2026			PB (25m pool): 01:03.52 SB: 01:03.87 Brugge 01/02/2026
	5 0 M	1 0 0 M	
PB	00:31.17	01:03.87	
	00:31.17	00:32.70	
			

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11-16			Heat:9, starttime: 17:20
Heat: 9/18 Lane : 3 Athlete: GOEMAERE CYRIEL			Q-time: 01:24:51
PB (50m pool): 01:22.19 Brugge 01/02/2026			PB (25m pool): 01:17.34 SB: 01:22.19 Brugge 01/02/2026
	5 0 M	1 0 0 M	
PB	00:39.70	01:22.19	
	00:39.70	00:42.49	
			

Coach feedback:

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Event number: 14: 100M BACKSTROKE MEN 11-16			Heat:11, starttime: 17:25
Heat: 11/18 Lane : 9 Athlete: DE BAL LUCAS			Q-time: 01:22:56
PB (50m pool): 01:15.73 Brugge 01/02/2026			PB (25m pool): 01:15.03 SB: 01:15.73 Brugge 01/02/2026
	5 0 M	1 0 0 M	
PB	00:36.86	01:15.73	
	00:36.86	00:38.87	
			

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11-16			Heat:15, starttime: 17:35
Heat: 15/18 Lane : 5 Athlete: THUYLIE VIC			Q-time: 01:12:78
PB (50m pool): 01:11.66 Brugge 01/02/2026			PB (25m pool): 01:12.41 SB: 01:11.66 Brugge 01/02/2026
	5 0 M	1 0 0 M	
PB	00:34.83	01:11.66	
	00:34.83	00:36.83	
			

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11-16			Heat:16, starttime: 17:35
Heat: 16/18 Lane : 1 Athlete: VANDEMAELE JACOB			Q-time: 01:11:56
PB (50m pool): 01:11.56 Wezenberg 03/01/2026			PB (25m pool): 01:08.63 SB: 01:11.56 Wezenberg 03/01/2026
	5 0 M	1 0 0 M	
PB	00:35.08	01:11.56	
	00:35.08	00:36.48	
			

Coach feedback:

Event number: 14: 100M BACKSTROKE MEN 11-16			Heat:18, starttime: 17:40
Heat: 18/18 Lane : 8 Athlete: DECUPERE ALEX			Q-time: 01:06:35
PB (50m pool): 01:05.59 Brugge 01/02/2026			PB (25m pool): 01:02.49 SB: 01:05.59 Brugge 01/02/2026
	5 0 M	1 0 0 M	
PB	00:31.61	01:05.59	
	00:31.61	00:33.98	
			

Coach feedback:

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Event number: 15: 200M MEDLEY WOMEN 11-14					Heat:9, starttime: 18:15
Heat: 9/12 Lane : 1 Athlete: VERVENNE LOUISA					Q-time: 03:03:69
PB (50m pool): 03:03.69 Kortrijk 26/12/2025					PB (25m pool): 02:54.44 SB: 03:03.69 Kortrijk 26/12/2025
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:40.87	01:30.83	02:24.05	03:03.69	
	00:40.87	00:49.96	00:53.22	00:39.64	
					

Coach feedback:

Event number: 15: 200M MEDLEY WOMEN 11-14					Heat:10, starttime: 18:15
Heat: 10/12 Lane : 6 Athlete: ZEPHIRIN ASTRID					Q-time: 02:57:29
PB (50m pool): 02:57.29 Kortrijk 26/12/2025					PB (25m pool): 02:52.79 SB: 02:57.29 Kortrijk 26/12/2025
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:38.03	01:25.37	02:17.22	02:57.29	
	00:38.03	00:47.34	00:51.85	00:40.07	
					

Coach feedback:

Event number: 15: 200M MEDLEY WOMEN 11-14					Heat:11, starttime: 18:20
Heat: 11/12 Lane : 4 Athlete: DECUPERE LAURENCE					Q-time: 02:47:62
PB (50m pool): 02:47.09 Brugge 01/02/2026					PB (25m pool): 02:42.51 SB: 02:47.09 Brugge 01/02/2026
	5 0 M	1 0 0 M	1 5 0 M	2 0 0 M	
PB	00:36.38	01:19.34	02:10.32	02:47.09	
	00:36.38	00:42.96	00:50.98	00:36.77	
					

Coach feedback: